

CLAIMS

What is claimed is:

1. A period based time management smoking reduction method, to gradually reduce a user's smoking habit over time.
2. A period based time management smoking reduction method, to hold a user's smoking habit at a predetermined level.
3. A smoking reduction method as in claim 1 and 2, for determining time intervals between user smoking events.
4. A smoking reduction method as in claim 1 and 2, for scheduling time intervals between user smoking events.
5. A smoking reduction method as in claim 1 and 2, for determining smoking events at different interval rates of time, within a minimum of two distinct time periods.
6. A smoking reduction method as in claim 1 and 2, for scheduling smoking events at different interval rates of time, within a minimum of two distinct time periods.
7. A smoking reduction method as in claim 1 and 2, for scheduling smoking events, at different interval rates of time, within a multitude of additional time periods contained within the minimum two time periods.

8. A smoking reduction method as in claim 1 and 2, for determining intermediate reduction levels requiring hold days, with respect to the overall reduction schedule as a whole.
9. A smoking reduction method as in claim 1 and 2, for scheduling hold days at intermediate reduction levels, within the overall reduction schedule as a whole.
10. A smoking reduction method as in claim 1 and 2, that credits missed or skipped smoking opportunities, for consumption later within the daily reduction program as a whole.
11. An apparatus containing a period based, time interval smoking reduction method with means to affix to a user's wrist.
12. An apparatus as in claim 10, with means to provide visual display of the reduction method's scheduled time intervals between smoking events.
13. An apparatus as in claim 10, with means to provide visual display of the reduction method's daily and overall goals.
14. An apparatus as in claim 10, with means to provide visual display of a user's current status with respect to the reduction method's current goals.
15. An apparatus as in claim 10, with means to provide visual display of the current time period with respect to the reduction method's minimum two time periods.

16. An apparatus as in claim 10, with means for determining whether smoking events are occurring in the first minimum time period, or the second minimum time period.
17. An apparatus as in claim 10, with means to provide a visual display of the reduction method's starting cigarette count and goal cigarette count.
18. An apparatus as in claim 10, with means to provide visual display of whether the current day is a hold day or a reduction day, and with means to provide visual display of the reduction method's hold days within the overall reduction schedule as a whole.
19. An apparatus as in claim 10, with means for a user to enter and retrieve data related to the smoking reduction method and the users current status.
20. An apparatus as in claim 10, with means for a user to acknowledge the occurrence of a smoking event.